

November | December 2023

Senior Connection

Program Guide



HONORING OUR VETERANS



www.MurfreesboroParks.com



[@StClairSeniorCenter](https://www.facebook.com/StClairSeniorCenter)



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St. Clair Street Senior Center

The St. Clair Street Senior Center provides a warm, caring place where those over the age of 60 can come together with other adults for services and activities that reflect shared experiences and skills, support one's needs and interests, broadens independence and maintains one's involvement in the community

The center is located at 325 St. Clair Street, Murfreesboro, TN. Hours of operation are Monday-Friday, 6:00 am-7:00 pm, Saturday, 8:00 am-5:00 pm, and Sunday, 1:00-5:00 pm.

Mission

To provide vibrant public spaces and inclusive programs delivered with visionary leadership and caring staff that engage the individual and strengthen the quality of life of your community.

St. Clair Senior Center Access

No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. Title VI of the Civil Rights Act of 1964.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events and on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

Parks and Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro. Please watch the Parks and Recreation Commission meetings each month, usually the first Wednesday of every month, for the latest news and developments of Parks and Recreation.

Commission Members: Mr. Eddie Miller, Chair; Mr. Tim Roediger, Vice Chair; Dr. Gloria Bonner; Mr. Leroy Cunningham; Dr. Trey Duke, Murfreesboro City Schools Liaison; Mr. Charlie Montgomery; Mr. Bill Shacklett; Mr. Kent Syler; Mr. Shawn Wright; Mr. Don Turner, Ex-Officio.

Parking

Just a reminder to park only in St. Clair parking spots when you come to visit the Center. Parking in spots at Westbrook Towers is not allowed for those visiting the Center. Violators may be subject to towing.

Media

Visit us on the web at www.murfreesborotn.gov/seniorcenter.

Find us on 

@StClairSeniorCenter

Registration

Call the center at 615-848-2550 to register for programs with no fees. For programs with fees, please come into the center to register and pay with cash, card or check.



This project is funded under agreement with Greater Nashville Regional Council.

HOURS OF OPERATION

Monday-Friday • 6:00 am-7:00 pm

Saturday • 8:00 am-5:00 pm

Sunday • 1:00-5:00 pm

FORMS OF PAYMENT

You can purchase our program classes and daily trips with your credit or debit card.

You must sign up for all programs to reserve your spot. If you are more than 15 minutes late to the program, you are not guaranteed that spot and you may be denied admittance, at the discretion of staff.

DAILY ACTIVITIES

- Billiards, cards, canasta, Rook and other games are played daily in Rm 501. Spades in Rm 402.
- Books and puzzles are available to take home.
- Check out our library which is open when the center is open. It is full of books, magazines and movies to check out on the honor system.
- Everyone must sign up to participate in a program due to limited space. If you cannot attend a program, please call to let us know.
- All programming and events are subject to change. Please check emails and Facebook for updates.
- Stop by or call the front desk for more information on any senior center program.

NEW & SPECIAL EVENTS

Medicare Counseling

Monday-Thursday November 1-December 7

Medicare Annual Enrollment is now-December 7, 2023. It's always a great idea to check your Part D Drug Plan to ensure you have the best and most cost effective plan. As SHIP Counselors, we can do that for you. We also provide an unbiased free comparison for Advantage Plans. Call 615-848-2550 for an appointment. Both June Nicdao and Susan Freeman are State Health Insurance Plans (SHIP) certified counselors.

Appointments Only

Seniors Acting Up present "Seniors Got Talent"

Five one-act skits filled with humor and laughter to lighten your heart. Bring family and friends to enjoy this wonderful annual performance by our very own "Seniors Acting Up" group. Tickets are \$10 per ticket and they usually sell out fast so be sure to pick yours

up.

Friday, November 3 Meal at 5 pm Play at 6 pm

Saturday, November 4 Lunch at 12 n Play at 1 pm

**Sunday, November 5 Snacks at 1:30 pm Play at 2 pm
Room 105**

Salute to Veterans Breakfast

Thursday, November 9 • 10-11 am

We will be honoring our Veterans beginning with a delicious pancake breakfast. The Murfreesboro Symphony Sax Quartet will be joining us in the celebration, along with the JROTC students from Oakland High School and their instructor Michael Daniels. Space is limited to the first 80 veterans & their spouses 60 years old, or older. You must be a member of St. Clair Senior Center and please register by November 3. **Limit 80 Room 105**

MTSU Bake Off Party

Friday, November 17 • 2-3 pm

MTSU students are inviting you to a bake off party here at St. Clair! There will be stations for crafts, cookie decorating, baking trivia, and a cooking show. It will be a time of fun, food, and fellowship.

Limit 50 Room 105

Gingerbread House War

Friday, December 1 • 1-3 pm

IT'S ON! St. Clair's 2nd Annual Gingerbread House competition that is. Be 1 of the first 10 people to register with Caroline to enter the contest. Gingerbread house and supplies will all be provided. A 1-hour time limit will be set to complete your creation. Prizes will be awarded. If you would like to come to watch the excitement, please register at the front desk. **Limit 50 viewers Room 104**

Randy and the Reindeer

Saturday, December 2 • 1-3 pm

It's that a time of year to bring in the holidays with music and dancing! It will be a fun night with Randy & the Reindeer playing all Christmas music-some new, some old but all worth dancing to. This dance will be FREE as a special thank you to everyone from the St. Clair Senior Center Staff in hopes that you have a wonderful holiday season!

Limit 120 Room 105

Merry Mocktails & More**Monday, December 4 • 1:30-4 pm**

Join us for an evening of merriment and mocktails for our first ever winter art gallery featuring beautiful art from our own St. Clair artists. One thing that makes the holiday season special is the wonderful music! The Thornton Family will be singing all-time favorites and festive songs of the season. Light snacks and mocktails will be served. Sign up at the front desk. This is a free event.

Limit 100 Room 105**Holiday Luncheon****Friday, December 8 • 11 am-12:30 pm**

We are combining the Thanksgiving and Holiday time meal into one. The St. Clair Senior Center will provide the Holiday Dinner. Come, celebrate, and enjoy the season with your friends. Sign up is required. Day of sign up and waiting list will be prohibited. Deadline to sign up is Friday, December 1st or until full. **Limit 130 Room 105**

Trip Escort Sign Up**Friday, December 15 • 9-10 am**

Trip escorts who have completed training can sign up to escort new trips **Limit 40**

Room 104**Noon Year's Eve Party****Friday, December 29 • 10:45 am-1 pm**

Start 2024 off right! Join us for lots of dancing, good music, delicious food, and sparkling cider. We'll sing Auld Lang Syne at noon with James Satterwhite (Nashtones) Band. Must sign up at the front desk. If you sign up and cannot attend, please cancel your reservation.

Limit 150 Room 105**Simple Wills for Veterans****Monday, November 6 • 8:30 am-1 pm**

In honor of Veterans Day, Attorney John Toy with Parker, Toy & Associates will be here to offer veterans an opportunity to meet with him and get their will done absolutely FREE. Mr. Toy specializes in Elder Law and has built a reputation for compassionate, caring elder law representation for people across Middle Tennessee. If you are a Veteran and would like to take advantage of this FREE offer, please call June Nicdao at 615-848-2550 to sign up.

Limit 5 Room 301**HEALTH & SOCIAL SERVICE****Care for the Caregiver Series****Tuesdays, November 14 & December 12****10-11:30 am**

Are you now or do you know of a caregiver that is caring for a loved one? This series will be highly beneficial to them. Lee Ann Hyatt, RN, BSN, has years of experience in providing education/support and working with family caregivers of persons living with Alzheimer's and/or any kind of dementia disease. A variety of helpful topics presented will aid and assist the caregiver. **Limit 15 Room 301**

Harmonicas for Health**Wednesdays, November 1, 15 & 29****and December 6 & 20 • 12:00-1:00 pm**

Are you looking for something fun and interesting to do while improving your lung health? The COPD Foundation's H4H class is a good way to exercise your lungs, learn how to play the harmonica, and meet new friends. No music background is needed! Bring a harmonica in the key of C to participate. See Laura if you are unable to get one.

Limit 30 Room 303**Grief Support Group****Wednesdays in November & December • 10-11 am**

Grief may come from many life changes including death, divorce, health, and more. Come take this journey with individuals that are in need of emotional and physical support in a safe and non-judgmental environment. **Limit 10 Room 301**

Choose to Lose Weight Loss Program**Wednesdays, November 1 & 15 and December 6 & 20**
9-9:45 am

A weight loss/maintenance program to help you get/stay healthy! Let's come together to learn, encourage, and motivate one another to be our healthiest selves. We will weigh in between 9:00-9:15 then have a time of sharing, tips, and goal setting.

Limit 40 Room 303

Macular Degeneration Support Group (VIPs)
Thursdays, November 2 & 16 & December 7 & 21
10-11 am

This is a newly formed support group for seniors who have been diagnosed with Age Macular Degeneration. The group will be facilitated by Dr. Neil, who was newly diagnosed with AMD. This group will provide an opportunity to share experiences, support each other, learn from each other and make new friends with folks who share the same disability. We know there are hundreds of seniors out there, in this community, who could benefit from this group. Please join us, you are not alone.

Limit 20 Room 303

Parkinson Support Group
Fridays, November 3 & December 1 • 10-11:30 am

In this group we share stories about our experiences with Parkinson's, practical tips on how to deal with Parkinson's, learn from speakers, and enjoy friendships with people who understand. Please join us!

Limit 50 Room 104

Parkinson Meeting 2
Fridays, November 17 • 10-11 am

This is a smaller group from our Parkinson's Support Group that meets to talk about personal issues dealing with Parkinson's. No meeting in December.

Limit 20 Room 303

Widow's Support Group
Fridays, November 3 and December 8 & 22
9:30-11:00 am

Widowhood is more than a label, it is a journey that is better traveled with friends. Our focus is: life can be good again, maybe not perfect, but good. Judy Jennings, author & speaker, will lead, showing you how to maneuver through different difficult areas.

Limit 25 Room 303

Let's Talk About That
Mondays, November 13 & December 11
9:30-10:30 am

Join us for a casual get together and group discussion on a variety of topics. This is a chance to get to know others here at the center as well as some different viewpoints. **Limit 15 Room 303**

Quick & Healthy Cooking
Monday, November 6 • 2:30-3:30 pm

Today's market is full of new and innovative kitchen gadgets. How do you know which appliance is right for you? Join FCS agent Shay Davis to learn how to

use small kitchen appliances such as air fryers and multi-cookers. Participants will also receive samples and recipes to take home. **Limit 20 Room 104**

Virtual Dementia Tour
Wednesday, November 8 • 10 am-2 pm

Senior Helpers presents the Virtual Dementia Tour, register for your time with Laura Grissom. Take this opportunity to see life through the eyes of a person with dementia. The Virtual Dementia Tour will give you a better understanding of how to provide support and care. Until there is a cure, take the tour. **Room 303 & 304**

Dementia Training
Wednesday, November 8 • 2-3 pm

Understand what dementia is and how it affects a person's abilities, learn techniques that create a positive care environment, how your approach can help or hurt, techniques for effective communication and care, the 10 Absolute things you never want to do when caring for someone with dementia.

Limit 40 Room 104

Take Care of Your Eyes with Dr. Scott Chamberland
Monday, November 13 • 12:30-1:30 pm

Dr. Scott Chamberland from Blink of an Eye Optometry on S. Academy Street speaks on eye care for seniors, including macular degeneration and cataracts. He will be available to answer your eye questions after his presentation. **Limit 30 Room 104**

Cooking with Energy Efficient Appliances
Tuesday, November 14 • 9:30-10:30 am

The kitchen is the center of the home. To make sure it stands out, choose appliances that are easy to clean and simplify your life. Come to this class and learn how to choose the best appliances based on what you need and how to get the best deal.

Limit 20 Room 104

Magnesium Wellness Workshop
Thursday, November 16 • 9-10 am

This workshop is designed to explain the many ways that magnesium, or lack of magnesium affects our health. We will discuss many issues including, but not limited to, restless legs, cramps, painful joints, sleeplessness and fatigue. Many of which we tend to think we just have to tolerate, BUT maybe not!

Limit 30 Room 104

Hands Only CPR**Friday, November 17 • 9:30-10:30 am**

This 30-minute course presented by the American Red Cross will teach participants how to check for consciousness, call 911 (or the local emergency number), and give continuous chest compressions. Having more citizen bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance. **Limit 30 Room 104**

Shot Clinic with Mills Pharmacy**Tuesday, November 21 • 10-11 am**

Flu as well as other vaccinations will be offered but you will need to register for which vaccines you want by November 16. See Laura Grissom to register.

Limit 40 Room 303**Tips for Healthy Women****Friday, December 15 • 9:30-10:30 am**

Join us as we listen to podcasts then discuss the subject matter. Topics will include exercise, health issues, nutrition, and more. If you want to live a healthier life, start here! No meeting in November. **Limit 12 Room 303**

FREE FITNESS CLASSES**Get Fit/Stay Fit on Mondays, Tuesdays, Thursdays & Fridays****8:00-9:00 am**

This intermediate to advanced exercise class focuses on strength, balance, cardio, core, and range of motion. **Limit 35 Room 105**

SAIL with Lois**Mondays & Thursdays • 8:00-9:00 am**

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program. These exercises improve strength, balance and fitness and can help you stay active and reduce your chance of falling. You must contact Lois Maier to have a baseline assessment done before starting this class.

Limit 15 Room 204**1:1 Exercise/Nutrition Consultation****Mondays, November 13 & 27 and****December 11 • 9-11 am**

This is an opportunity to receive information to get you started on your personal exercise and nutrition journey. We will discuss your wellness goals and how you might work toward achieving them using community or St. Clair resources. **Limit 4/DAY Room 103E**

Zumba Gold AM**Mondays, Tuesdays & Thursdays & Fridays****9:15-10:00 am**

If you are an active adult looking for a modified Zumba class that recreates the original moves of Zumba that you love at a lower intensity, this class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

Limit 25 Room 204**Zumba Gold PM****Mondays, Tuesdays & Thursdays****3:15-4:00 pm**

If you are an active adult looking for a modified Zumba class that recreates the original moves you love at a lower intensity, try this one. This class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

Limit 20 Room 204**Gentle Fitness AM****Mondays & Fridays • 10:15-11:00 am**

Class focuses on building strength and increasing flexibility and range of motion. Great class for beginners or those who haven't exercised in a while.

Limit 45 Room 105**Gentle Fitness PM****Mondays, Tuesdays & Fridays****1:00-2:00 pm**

Class focuses on building strength and increasing flexibility and range of motion. Great class for beginners or those who haven't exercised in a while.

Limit 30 Room 204**Go4Life with Laura****Mondays & Wednesdays • 1:00-2:00 pm**

This is an "at your own pace" exercise class for those who have never exercised or have not exercised in some time. We work on strength, flexibility, and balance. You must sign up for all classes due to restrictions on the number of people allowed in a room.

Limit 55 Room 105**Core Basic****Mondays & Fridays • 2:15-3:00 pm****Thursdays • 1-1:45 pm**

This class focuses on internal core stability, balance and range of motion. The purpose is to train the internal core (center of gravity) and improve balance and stability. Exercises will be done seated and standing. **Limit 30 Room 204**

Core Galore

Tuesdays & Thursdays • 10:15-11:00 am

In this class we will focus on core, balance, and range of motion. Some resistance techniques may be used in the form of elastic bands or free weights. You must be able to transfer to and from a mat.

Limit 15 Room 204

Forever Fit

Tuesdays & Thursdays • 2:00-3:00 pm

This is an intermediate circuit class with interval training. We will use various types of equipment for a total body workout. **Limit 20 Room 206**

Boxing Classes

St. Clair is/will be offering several boxing classes. See the descriptions below so you can choose which class(es) will work best for you.

Boxing 101 - This is a non-contact boxing class for those new to boxing where you will learn boxing fundamentals such as stance, basic punches/combos, footwork and shadow boxing. Anyone can join this class. No prerequisites.

Boxing Series - The boxing series is 12 weeks of boxing broken into 4 week levels (levels 1, 2, & 3) for progression. Each level will be 4 weeks long as you build your skills to take to the next level. You must first take Boxing 101 or Intro to Boxing in order to sign up.

Included in the boxing series is:

Beginner Boxing Level 1 - This 45-minute non-contact, no equipment boxing fitness class for those new to boxing where you will learn boxing fundamentals such as stance, basic punches/combos, footwork and shadow boxing.

Intermediate Boxing Level 2 - This 45-minute non-contact boxing fitness class is for those that have completed Level 1 and are ready to build up their moves with the addition of minimal equipment. We will continue to build up stamina, strength, and endurance with longer combos and more rounds.

Advanced Boxing Level 3 - Build on what you learned in fitness boxing Level 1 & Level 2. You will work on longer combinations, defense and footwork. This class incorporates bag work and mitt work with your coach.

Boxing 101

Mondays in November & December • 9:15-9:45 am

This 30-minute, no-contact, beginner-friendly boxing class for those new to boxing. You will learn boxing

fundamentals such as stance, basic punches/combos, footwork and shadow boxing at a slower pace for safety and technique. **Limit 14 Room 105**

Beginning Boxing 4-week class

Wednesdays in November & December • 9-9:45 am

This no-contact, no-equipment boxing fitness class is for those new to boxing. You will learn boxing fundamentals such as stance, basic punches/combos, footwork and shadow boxing. Fitness boxing has proven results in improving speed, balance and posture, cognition, strength, balance, and endurance. You must have taken an intro to boxing class to sign up for beginning boxing. No class 11/22 or 12/27.

Limit 14 Room 204

Intermediate Boxing 4-week Class

Wednesdays in November & December • 10-10:45 am

This 45 minute no-contact boxing fitness class is for those who have completed Beginning Boxing and are ready to build up their moves with the addition of minimal equipment. You must have taken Beginning Boxing to advance to Intermediate Boxing. No class 11/22 or 12/27. **Limit 14 Room 204**

Stretching Through Movement

Thursdays • 12:00-1:00 pm

This new exercise class focuses on stretching through intentional movement to help improve balance and stability. Learn how to increase body awareness when resting and while moving. Exercises will be performed in sitting and standing with opportunities to challenge your balance.

Limit 15 Room 206

Functionally Fit

Fridays • 10:30-11:15 am

Fitness training to help learn to perform and improve daily tasks with ease as we age. It includes exercises that mimic the movements of daily activities. Walking, squatting, bending, pushing, and pulling for example. Three key elements of functional fitness for aging are balance, mobility, and strength.

Limit 20 Room 204

Fencing Class

**Mondays, November 13 & 27 and December 11
10:30-11:30 am**

Learn basic fencing moves and release your inner pirate or Robin Hood! Class taught by Murfreesboro Fencing owners and instructors from Saif Fencing Academy. **Limit 20 Room 206**

PHYSICAL FITNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am Get Fit/Stay Fit Room 105	8:00 am Get Fit/Stay Fit Room 105	9:00 am Yoga with Larry Room 206	8:00 am Get Fit/Stay Fit Room 105	8:00 am Get Fit/Stay Fit Room 105
8:00 am SAIL with Lois Room 204	8:00 am Tai Chi in a Chair Room 206	9:00 am Beginning Boxing Room 204	8:00 am SAIL with Lois Room 204	9:00 am Yoga with Larry Room 206
9:00 am Yoga with Larry Room 206	9:15 am Chair Yoga Room 206	10:00 am Intermediate Boxing Room 204	9:15 am Chair Yoga Room 206	9:15 am Zumba Gold AM Room 204
9-11 am 1:1 Exercise/Nutrition Consultation Room 103E 11/13 & 27 & 12/11	9:15 am Zumba Gold AM Room 204	11:00 am Chair Yoga Room 206	9:15 am Zumba Gold AM Room 204	10:30 am Functionally Fit Room 204
9:15 am Zumba Gold AM Room 204	9:30 am Beginner/Improver Line Dance Room 105	1:00 pm Go4Life Room 10	10:15 am Core Galore Room 204	10:15 am Gentle Fitness AM Room 105
9:15 am Boxing 101 Room 105	10:15 am Core Galore Room 204	1:30 pm Experienced Line Dance Room 204	12:00 pm Stretching Through Movement Room 206	1:00 pm Gentle Fitness PM Room 204
10:15 am Gentle Fitness AM Room 105	1:00 pm SAIL-CLASS FULL Room 105		1:00 pm SAIL-CLASS FULL Room 105	2:15 pm Core Basic Room 204
11:00 am Chair Yoga Room 206	1:00 pm Intermediate Tai Chi Room 204		1:00 pm Intermediate Tai Chi Room 204	SATURDAY
1:00 pm Go4Life Room 105	1:00 pm Gentle Fitness PM Room 204		1:00 pm Core Basic Room 204	1:00 pm Saturday Line Dance November 4 Room 105
1:00 pm Gentle Fitness PM Room 204	2:00 pm Forever Fit Room 206		2:00 pm Forever Fit Room 206	1:00 pm Open Tai Chi Room 204
2:15 pm Core Basic Room 204	2:15 pm Beginning Tai Chi Room 204		2:15 pm Beginning Tai Chi Room 204	SUNDAY
3:15 pm Zumba Gold PM Room 204	3:00 pm Ballroom Dance Room 105 No class 11/7 & 14		3:15 pm Zumba Gold PM Room 204	2:00 pm Sunday Line Dance Room 204
5:30 pm Beginning Line Dance with Catrina Room 105	3:15 pm Zumba Gold PM Room 204			

**Please consult with your doctor
before starting any fitness program.**

FREE LINE DANCE CLASSES

Beginning Line Dance with Catrina

Mondays • 5:30-6:30 pm

Have fun in this beginning line dance class with Catrina Daniel, who has been teaching for 15 years. We are excited to offer an evening class for those who are working or just have busy days.

Limit 50

Room 105

Beginner/Improver Line Dance

Tuesdays • 9:30-11:15 am

This class is for those who already know the basics in line dancing. We'll continue dancing the classics we're currently dancing while also challenging ourselves in learning some new popular dances. Please sign up in advance in case of a change in class and maximum amount of attendance.

Limit 35

Room 105

Line Dance for the Experienced Dancer

Wednesdays • 1:30-3 pm

This is a class for experienced line dancers looking to learn newer dances. **Limit 20 Room 204**

Saturday Line Dance

Saturdays, November 4 • 1 pm

Line dancing to recorded music for all levels, including beginners. **Limit 40 Room 105**

Sunday Line Dance

Sundays in November & December • 2-4 pm

Phyllis Petty will be leading a beginner friendly afternoon of line dancing for fun and fitness to a variety of music and dance rhythms. No previous dance experience required.

Limit 30

Room 105

PAID FITNESS CLASSES

Chair Yoga

Mondays & Wednesdays • 11:00 am-noon

Tuesdays & Thursdays • 9:15-10:15 am

Improving flexibility, relieving stiffness, and creating a happy mental state are a few benefits that chair yoga provides for our bodies. You may sign up for 1 or 2 days only. **Limit 20 each class Room 206**

Cost: \$5/month per day

Yoga with Larry

Mondays, Wednesdays & Fridays • 9-10 am

Intermediate yoga for seniors. Is also suitable for beginners who are able to adjust moves to fit their abilities. You must be able to lie down and stand up without assistance for this class. Mats are provided or you may bring your own.

Cost: \$10/ month

Limit 25

Room 206

Tai Chi in a Chair

Tuesdays • 8-8:30 am

A great class for anyone unable to stand for an exercise class- all moves will be done in a chair. We will work on stretching, breathing, and stress relief.

Cost: \$10/mo

Limit 10

Room 206

Intermediate Tai Chi

Tuesdays & Thursdays • 1-2 pm

Learn advanced moves to improve stress, breathing and overall fitness.

Cost: \$15/mo

Limit 20

Room 204

Beginning Tai Chi

Tuesdays & Thursdays • 2:15-3:15 pm

This class for those who are new to Tai Chi will teach you smooth moves to improve stress, breathing and overall fitness.

Cost: \$15/mo

Limit 20

Room 204

Intermediate Tai Chi

Tuesdays & Thursdays • 1-2 pm

Learn advanced moves to improve stress, breathing, and overall fitness.

Cost: \$15/mo

Limit 20

Room 204

Open Tai Chi Saturdays

Saturdays • 1-2 pm

Open Tai chi class is open to all levels- beginners, intermediate and advanced.

Cost: \$10/mo

Limit 20

Room 204

Ballroom Dance Class

Tuesdays • 3:00-4:00 pm

Deborah Sullivan welcomes those with no dance experience as well as experienced students to her class. Each month you will start at the beginning & build on. In November we will do the Cha Cha and in December the Tango. No partner necessary! No class 11/7 & 14.

Cost: \$13 in November and \$26 in December

Limit 25

Room 105

CREATIVE ARTS

Social Ceramics

Tuesdays in November & December • 8:30-11:30 am

You will pay the instructor for the piece you are working on. There is a \$5 fee for supplies that is paid to St. Clair Senior Center. Learn different techniques for painting on ceramics in this class.

Limit 20

Room 406

Quilting

Tuesdays & Thursdays from 10 am-noon in November & December

Volunteers do quilting for people in the community for a donation to the center. **Room 405**

Open Knit & Crochet

Tuesdays & Thursdays from 10 am-noon in November & December

This very welcoming group of knitters and crocheters offers inspiration and motivation with your projects. No sign-up is required. Bring your own supplies. **Room 405**

Art Connection

Wednesdays, November 1, 8, 15, 22 & 29 and December 6, 13, 20 & 27 • 1-4 pm

Bring your own supplies and projects and work alongside like-minded artists for inspiration and creativity. **Limit 10 Room 406**

Social Art

Thursdays in November 2, 9, 16 & 30 and December 7, 14, 21 & 28 • 9 am-3 pm

Bring in your favorite art projects, and let's create together. We can share ideas and have a fun and relaxing time through sharing art. **Limit 20 Room 406**

Stained Glass Class AM

Mondays in November & December • 10 am-noon

Beginners and intermediate level students are welcome in this class. Learn to make a copper-foiled stained glass window suncatcher with instructor Fiona Dowd. Materials provided for beginners. Class space is limited. Sign up early. **Limit 8 Room 406**
Cost: \$60 November & \$45 December

Stained Glass Class PM

Mondays in November & December 1:00-3:00 pm

Beginners and intermediate level students are welcome in this class. Learn to make a copper-foiled stained glass window suncatcher with instructor Fiona Dowd. Materials will be provided for beginners. Class space is limited.

Limit 8 Room 406

Cost: \$60 November & \$45 December

Acrylic Techniques AM

Wednesdays, November 8 & 15 and December 6 & 13 from 9 am-noon

Learn different techniques using acrylic paints with artist, Vivian Karros. All supplies are provided. **Limit 12 Room 406**

Cost \$25/2-day class

Acrylic Techniques PM

Tuesdays, November 7 & 14 and December 5 & 12 1:00-4:00 pm

Learn different techniques using acrylic paints with artist, Vivian Karros. All supplies are provided. **Limit 12 Room 406**
Cost \$25/2-day class

Art with Vivian AM

Wednesdays, November 22 & 29 & December 20 & 27 • 9 am-12 pm

Explore a variety of art techniques designed to bring out your artistic talents all while learning and having fun. All supplies are provided in your fee. **Limit 12 Room 406**

Cost: \$25 for 2-day class per month

Art with Vivian PM

Tuesday, November 21 & 28 and December 19 & 26 • 1-4 pm

Explore a variety of art techniques designed to bring out your artistic talents all while learning and having fun. All supplies are provided in your fee. No wait list. **Limit 12 Room 406**

Cost: \$25 for 2-day class per month

Gift Making for Gift Giving

Monday, November 27 • 1:30-3:30 pm

Do you like hand making Christmas gifts? Join us to make some gifts to give. Seniors can make 3 gifts and a card. Space is limited. Please sign up at the front desk. If you are unable to attend the class, please let us know as soon as possible. **Limit 10**

Room 104

REC ED PROGRAMS

Chicken Foot

Monday-Friday from 8 am-2 pm

Dominoes! Learn to play Chicken Foot with this fun group. **Room 402**

Duplicate Bridge

Mondays & Fridays in November & December 12-4:30 pm Room 303

Bid Whist

Mondays in November & December • 1-4 pm

Learn an age-old card game, Bid Whist at St. Clair. No meeting on 9/4. **Room 402**

Mahjong

Mondays & Thursdays in November & December 1-3 pm • Stop in for a game of Mahjong. Room 503

Hand & Foot Game #1**Tuesdays in November & December • 12:30-4 pm**

Learn the art of playing the card game, Hand & Foot.

Limit 20 Room 303**Hand & Foot Game #2****Tuesdays in November & December • 12:30-4 pm**

Learn the art of playing the card game, Hand & Foot.

Limit 20 Room 503**Rook****Tuesdays & Thursdays in November & December
8:30-11:30 am**

Rook is all about being the first team to reach 500 points by bidding and claiming tricks. But beware the wild Rook; when he lands, everything can change! Come and join in this very tricky type of game.

Room 304**Party Bridge****Thursdays in November & December • 12:30-4 pm**

Curious as to how to play bridge? Join this group who are open to teaching you the skills to play.

Room 303**Seniors Acting Up Practice****Thursdays in November & December****2:15-3:45 pm**If having FUN and LAUGHTER are activities that you're looking for, then our senior group of newbies and seasoned actors and actresses might just be that one thing on **Your Bucket List** to get involved in. Whether your interest is on stage, back stage or up front at the box office, then this group of active seniors will keep you in stitches!

We will be performing our annual Fall production on November 3 (evening), 4, and 5 (matinees), so be sure to place those dates on your calendar.

We will be looking for a director of the 2024 season, so if you're the director type, by all means bring in the play/scripts for the Center's Program Director to review. For additional information contact Jim Trasport, 2023 director, at 561-308-7087, email at jtraz@bellsouth.net or Program Director, Kathy Herod at 615-848-2550. **Room 104****Ultimate Bingo****Thursdays, November 2, 16 & 30 and
December 7 & 14 • 10-11 am**

Try your luck at bingo with a twist. No bingo on 11/9 or 23 and 12/21 or 28.

Limit 50 Room 104**Book Club****Fridays, November 3 & December 1****9:30-10:30 am**

Join us in November as we discuss the book "Redeeming Love" by Francine Rivers and in December "The Noel Diary" by Richard Paul Evans.

Limit 20 Room 301**Music Jam Session****Fridays, December 8 & 22****1-3:30 pm**

Bring your instrument and play along with our group. We take turns in the round playing and singing with everyone else accompanying.

Room 105**Trivia Games****Tuesday, November 7, 14, & 28
and December 5 & 12 • 4-5 pm**

Join us for trivia! Exercise your mind. Teams compete by answering questions ranging from a variety of topics. Snacks provided. Prizes for the winning teams.

Limit 40 Room 104**Karaoke****Fridays, November 3 & 17 and December 1 & 15****1-3 pm**Do you like to sing? Come and share your talents with this fun group. You will sing a-long with your favorite musicians while reading the lyrics from a large screen TV. **Room 105****Pool Tournament****Wednesdays, November 8 & December 13****9 am-noon**

See how your talent measures up in our monthly pool tournament. Deadline to sign up is 8:45 am the morning of. Everyone is welcome to play.

Room 501**Butter Bean Auction****Wednesday, December 13 • 2:30-3:30 pm**Have fun while bidding on your favorite Christmas items with butter beans. All prizes will be supplied by St. Clair Senior Center. No Butter Bean Auction in November. **Limit 50 Room 104****Pinochle Tournament****Saturday, December 16 • 8:30 am-2 pm****Limit 28 Room 503**

SEMINARS/EDUCATION

In the Garden: Greens for Indoor Fun & Health Monday, November 13 • 10-11 am

Master Gardener, Carol Reese will show us how Microgreens rank among the simplest, smallest, and yet most nutritious and delicious plants you can grow in the garden.. and it can be FUN!! Be sure to register for this awesome class before it fills up!

Limit 28 Room 104

In the Garden: Floral Designs Monday, December 11 • 10-11 am

Everyone wants to have a beautiful floral arrangement in their home for the holidays. Master Gardener, Carol Reese will cover the perfect elements you need to have so you can make the best floral design possible for your space. Be sure to register for this popular class!

Limit 28 Room 104

Coffee Club with Edward Jones Tuesdays, November 14 & December 12 8:30-9:30 am

Enjoy a bagel or donut in a relaxed atmosphere while having your financial questions answered by an experienced Financial Advisor from Edward Jones.

Limit 12 Room 303

Citizen Police Academy: Wednesday, November 8 • 9-11 am

This month's Police Academy (#11) students will learn about the Police Officer's Shooter Community Information.

Wednesday, December 13 • 9-11 am

This month's Police Academy (#12) students will learn about Public Information and its "Graduation Day" for all those who attend at least 9 classes throughout the year!

Room 104

TRAVEL WITH ST. CLAIR

- ALL TRAVELERS MUST SCAN INTO MYSENIORCENTER FOR ALL TRIPS.
- We no longer pick up at Westbrooks Towers. All travelers will board at St. Clair Senior Center.
- Special requests (ex: wheelchair) must be noted at the time of registration.
- We strive to return from trips on time; however, unforeseen circumstances could

occasionally cause a trip to return later than expected.

- All trip cancellations are final.

Pie Shop Stops, Nashville & Brentwood Thursday, November 9 • 9 am-2:15 pm

Travel from one sweet stop to the next on this pie shop road trip. Fee includes transportation. Bring money for lunch and pie purchases.

Cost: \$17 Limit: 15

Deadline: November 6

Incredible Christmas Place & Providence Marketplace, Mt. Juliet

Tuesday, November 14 • 9:15 am-5 pm

First stop—The Incredible Christmas Place where you'll find everything you need for the holidays. Then spend the afternoon at Providence Marketplace. This open-air shopping area offers national and local retailers and a variety of dining options. Fee includes transportation. Walking required between stores in Providence. Bring money for shopping & lunch.

Cost: \$19 Limit: 15

Deadline: November 9

Christmas at Gaylord Opryland, Nashville Wednesday, November 15 • 2:30-8:45 pm

Escape to Gaylord Opryland to enjoy the splendor of the holiday season. Stroll through the atriums, take in the breathtaking light and fountain show, view the outdoor nativity display, or just enjoy a nice dinner. The choice is yours on this self-guided evening at the resort. Fee includes transportation.

Cost: \$19 Limit: 15 Deadline: November 8

Chattanooga Christmas Village Holiday Market Saturday, November 18 • 7 am-2:45 pm

Beat the Black Friday rush & enjoy shopping over 130 vendors just in time for the holiday season. Fee includes transportation. Bring \$5 cash for admission and money for lunch.

Cost: \$27 Limit: 15 Deadline: November 9

Tanger Outlets, Antioch

Monday, November 20 • 9:30 am-3:45 pm

NEW open-air shopping experience offering 60+ retail stores and restaurants. Walking required between stores. Fee includes transportation. Admission is free. Bring money for lunch & shopping.

Cost: \$16 Limit: 15 Deadline: November 9

Lighting of the Green, Nashville

Tuesday, November 28 • 2-8:45 pm

Start your holiday season with Lipscomb's outdoor concert featuring beloved Nashville entertainer Amy Grant along with special friends. Fee includes transportation. Admission is free. Bring a folding chair and blanket. Bring money for late lunch/early dinner.

Cost: \$20 Limit: 15 Deadline: November 13

Maury Christmas Historic Home Tour, Columbia

Friday, December 1 • 8:30 am-3:30 pm

Visit Maury County and tour homes and churches festively dressed for the season. Fee includes transportation and admission. Bring money for lunch.

Cost: \$47 Limit: 15 Deadline: November 5

Holiday Lights at Cheekwood, Nashville

Tuesday, December 5 • 3:45-9:30 pm

The ideal, memory-making experience featuring elegant and creative light displays along a one-mile walking path that sets the gardens aglow. Fee includes transportation and admission. Bring money for an early dinner.

Cost: \$52 Limit: 15 Deadline: November 8

"White Christmas" the Musical, Larry Keeton Theatre, Nashville

Friday, December 8 • 5-10:45 pm

Song and dance duo, Wallace and Davis, meet singing sisters, Betty and Judy Haynes, and follow them to their seasonal engagement in Vermont where they decide to put on a big show to help the struggling inn. Fee includes transportation, dinner and performance.

Cost: \$52 Limit: 15 Deadline: November 5

Dickens of a Christmas, Franklin

Saturday, December 9 • 9 am-3:45 pm

The time of Charles Dickens is recreated using historic downtown Franklin's charming architecture as the backdrop. Musicians, dancers, and Dickens charac-

ters will fill the streets, as well as arts, crafts, and food vendors. Fee includes transportation. Admission is free. Bring cash for shuttle (\$1 each way) and money for lunch.

Cost: \$19 Limit: 15 Deadline: December 1

The Dancing Lights of Christmas, Lebanon

Tuesday, December 12 • 3:30-7:45 pm

Tennessee's largest synchronized Christmas drive thru light and music show. Fee includes transportation and light show.

Cost: \$17 Limit: 15 Deadline: November 13

Nissan Smyrna Tour

Thursday, December 14 • 12-2:45 pm

Get an inside look at how cars are assembled during this guided tour. The tour will not be going through the Stamping department due to construction. Fee includes transportation only. Tour is free. Cell phones and cameras are prohibited. You must wear a shirt with at least a 4" sleeve and closed-toed shoes. No flip flops or sandals are permitted on the tour. No meal stop.

Cost: \$10 Limit: 15 Deadline: November 30

Jingle Rattle & Roll, Arts Center Woodbury

Saturday, December 16 • 6:15-10:45 pm

This show is filled with energetic Christmas oldies hits you know and love. Fee includes transportation and production. No meal stop.

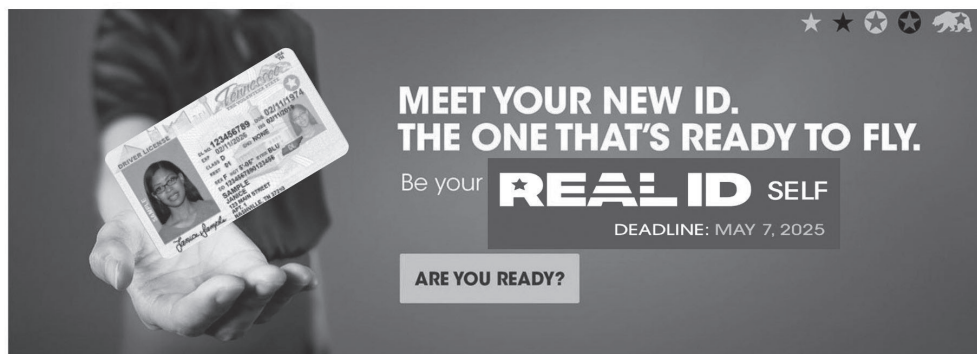
Cost: \$36 Limit: 15 Deadline: November 7

Zoolumination, Nashville

Thursday, January 4 • 4:15-9:15 pm

See the Zoo in a whole new light! Visit the country's largest Chinese lantern festival featuring magical scenes of more than 1,000 custom-made silk lanterns. Fee includes transportation and admission. Bring money for food at the zoo.

Cost: \$43 Limit: 15 Deadline: December 6



"Evita" at the Larry Keeton Theatre, Nashville**Friday, February 16 • 5-10:45 pm**

This musical is based on the historical story of Maria Eva Duarte de Peron, a poor Argentinian girl who grows up to be the wife of the president of Argentina. Fee includes transportation, dinner and performance.

Cost: \$52 Limit: 15 Deadline: November 14**"Jane Eyre" at Springhouse Theatre, Smyrna****Friday, March 1 • 6:15-10:30 pm**

Orphaned Jane Eyre becomes a governess at Thornfield, but is forced to flee when a secret from her past surfaces. Eventually, Jane finds family, wealth, and love, but not without a cost. Fee includes transportation and production. No meal stop.

Cost: \$30 Limit: 15 Deadline: December 1**"Rock of Ages" the Musical at the South Jackson Civic Center, Tullahoma****Friday, April 12 • 4-10:30 pm**

It's the story of a small-town girl who meets a big-city rocker on the Sunset Strip at LA's most famous rock club in 1987. Fee includes transportation and production. Bring money for dinner.

Cost: \$40 Limit: 15 Deadline: November 30**Travis Ledoyt at South Jackson Civic Center, Tullahoma****Saturday, April 27 • 4-10:30 pm**

Dubbed "The World's Best Young Elvis." Fee includes transportation and concert. Bring money for dinner.

Cost: \$40 Limit: 15 Deadline: November 30**Jazz on Jackson presents Alexis Cole, at South Jackson Civic Center, Tullahoma****Tuesday, April 30 • 4-10:30 pm**

Celebrate International Jazz Day with award-winning jazz vocalist Alexis Cole and friends! Fee includes transportation and concert. Bring money for dinner.

Cost: \$40 Limit: 15**Deadline: November 30****Disney's "Frozen" at TPAC, Nashville****Friday, May 17 • 12:15-5:45 pm**

From the producer of The Lion King and Aladdin, this musical features the songs you love from the original film, plus an expanded score

with a dozen new numbers. Fee includes production and transportation. No meal stop.

Cost: \$101 Limit: 15**Deadline: November 8****"Hairspray" at TPAC, Nashville****Saturday, June 15 • 12:15-5:45 pm**

Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Fee includes production and transportation. No meal stop.

Cost: \$89 Limit: 15**Deadline: November 8**

Please note lunch locations are planned months in advance and as such are subject to change.

Lunch Outing: Pinewood, Nashville**Wednesday, November 8 • 10:45 am-1:30 pm**

Trendy restaurant offering Americana fare. Fee includes transportation. Bring money for lunch.

Cost: \$12 Limit: 15 Deadline: November 5**Lunch Outing: Our Place Diner, Fayetteville****Tuesday, November 21 • 10 am-2:30 pm**

Serving up delicious crunch and comfort of southern favorites in a laid back 1950's diner atmosphere. Fee includes transportation. Bring money for lunch.

Cost: \$17 Limit: 15 Deadline: November 12**Lunch Outing: Pizza Ranch, Hendersonville****Wednesday, December 6 • 10:30 am-1:45 pm**

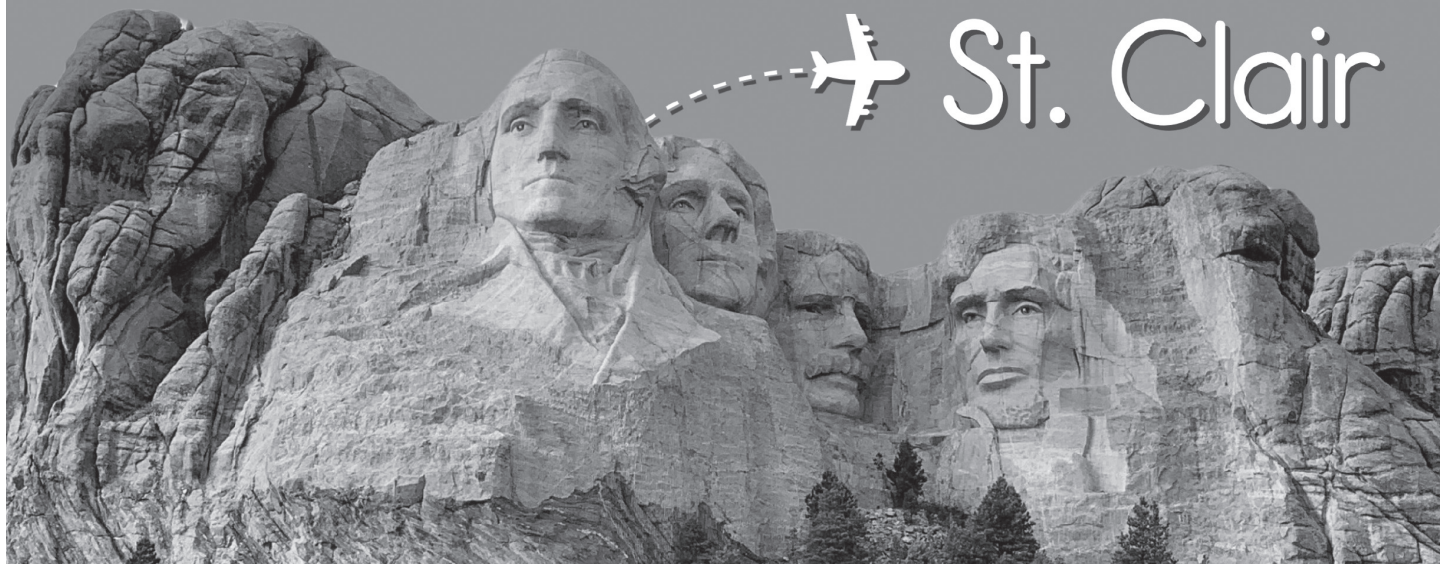
Buffet serving pizza, chicken, pasta, fresh salads, various sides, and dessert. Fee includes transportation. Bring money for lunch.

Cost: \$14 Limit: 15**Deadline: November 28****Lunch Outing: The Loveless Cafe, Nashville****Monday, December 18 • 10:30 am-2 pm**

Named "Top Down-Home Dining Spot" by USA Today, offering scratch-made Southern food. Fee includes transportation. Bring money for lunch.

Cost: \$14 Limit: 15 Deadline: December 3

2024^{Travel} Destinations



St. Clair

COLLETTE

Tropical Costa Rica · 9 Days · January 25-February 2
\$2999/pp double

Spotlight on Boston · 5 Days · May 30-June 3
\$2699/pp double

Spectacular Scandinavia · 14 Days · August 3-16
\$6999/pp double

DIAMOND TOURS

Myrtle Beach Show Trip · 6 Days · April 8-13
\$810/pp double

Mackinac Island · 7 Days · June 9-15
\$985/pp double

Branson Show Extravaganza · 6 Days · November 18-23
\$845/pp double

WHITE STAR TOURS

Historic Fredericksburg, VA · 5 days · April 30-May 4
\$749/pp double

Ohio Island Hoppin' · 4 days · July 29-August 1
\$769/pp double

PREMIER WORLD DISCOVER

Highlights of England, Scotland & Wales · 9 days
April 17-25 · \$4099/pp double

Waterways & National Parks of the Pacific Northwest
7 days · July 19-25 · \$3649/pp double

Nova Scotia & The Canadian Maritimes · 9 days
August 10-18 · \$4075/pp double

MAYFLOWER CRUISES & TOURS

Gems of Eastern Europe River Cruise · 11 days · June 3-13
Starting at \$4819/pp double

New England Rails & Sails · 9 Days
September 27-October 5 · \$3799/pp double

**Transfer to and from Nashville Airport provided for dates listed.
Flyers available at the front desk & travel office.**

www.MurfreesboroParks.com

NOVEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>Chicken Foot is played M-F from 8:00 am-2:00 pm in room 402.</p> <p>Shanghai Rummy is played Mondays from 8:30 am-4 pm in room 402.</p> <p>Spades is played daily from 6 am-7 pm in room 402.</p>	<p>The Simple Wills program on November 15 & 17 is currently full. Please call June Nicdao at 615-848-2550 for information on future appointments.</p>	<p>1</p> <p>8 am Pinochle Rm 503</p> <p>9 am Choose to Lose Rm 303</p> <p>10 am Grief Relief Group Rm 301</p> <p>12 pm Harmonicas for Health Rm 303</p> <p>1 pm Art Connection Rm 406</p>
<p>6</p> <p>8:30 am Simple Wills for Veterans Rm 301</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>12:30 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass Class AM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 503</p> <p>2:30 pm Quick & Healthy Cooking Rm 104</p>	<p>7</p> <p>8:30 am Rook Rm 304</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 503</p> <p>1 pm Acrylic Techniques PM Rm 406</p> <p>4 pm Trivia Games Rm 104</p>	<p>8</p> <p>8 am Pinochle Rm 503</p> <p>9 am Pool Tourney Rm 501</p> <p>9 am Citizens Police Academy for Senior Citizens Rm 104</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>10 am Virtual Dementia Tour Rm 303 & 304</p> <p>10 am Grief Relief Group Rm 301</p> <p>10:45 am Lunch Outing</p> <p>1 pm Art Connection Rm 406</p> <p>2 pm Dementia Training Rm 104</p>
<p>13</p> <p>9:30 am Let's Talk About That Rm 303</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>10 am In the Garden: Greens for Indoor Fun & Health Rm 104</p> <p>10:30 am Fencing Class Rm 204</p> <p>12:30 pm Duplicate Bridge Rm 303</p> <p>12:30 pm Take Care of Your Eyes Rm 204</p> <p>1 pm Stained Glass Class AM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 503</p>	<p>14</p> <p>8:30 am Rook Rm 304</p> <p>8:30 am Coffee Club with Edward Jones Rm 303</p> <p>8:30 am Social Ceramics Rm 406</p> <p>9:15 am Incredible Christmas Place & Providence Mktplace Trip</p> <p>9:30 am Cooking with Energy Efficient Appliance Rm 104</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Care for the Caregiver Rm 301</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 503</p> <p>1 pm Acrylic Techniques PM Rm 406</p> <p>4 pm Trivia Games Rm 104</p>	<p>15</p> <p>8 am Pinochle Rm 503</p> <p>8:30 am Basic Wills for Seniors</p> <p>9 am Choose to Lose Rm 303</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>10 am Grief Relief Group Rm 301</p> <p>12 pm Harmonicas for Health Rm 303</p> <p>1 pm Art Connection Rm 406</p> <p>2:30 pm Christmas at Gaylord Opryland</p>
<p>20</p> <p>9:30 am Tanger Outlets Trip</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>12:30 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass Class AM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 503</p>	<p>21</p> <p>8:30 am Rook Rm 304</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Shot Clinic with Mills Pharmacy Rm 303</p> <p>10 am Lunch Outing</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 503</p> <p>1 pm Art with Vivian PM Rm 406</p>	<p>22</p> <p>8 am Pinochle Rm 503</p> <p>9 am Art with Vivian AM Rm 406</p> <p>10 am Grief Relief Group Rm 301</p> <p>1 pm Art Connection Rm 406</p>
<p>27</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>10:30 am Fencing Class Rm 204</p> <p>12:30 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass Class AM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 503</p> <p>1:30 pm Gift Making for Gift Giving Rm 104</p>	<p>28</p> <p>8:30 am Rook Rm 304</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 503</p> <p>1 pm Art with Vivian PM Rm 406</p> <p>2 pm Lighting of the Green Trip</p> <p>4 pm Trivia Games Rm 104</p>	<p>29</p> <p>8 am Pinochle Rm 503</p> <p>9 am Art with Vivian AM Rm 406</p> <p>10 am Grief Relief Group Rm 301</p> <p>12 pm Harmonicas for Health Rm 303</p> <p>1 pm Art Connection Rm 406</p>

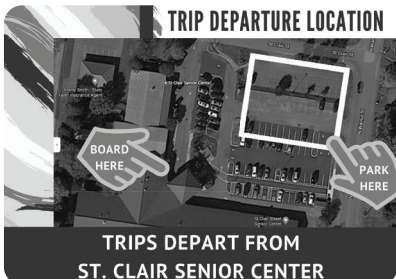
NOVEMBER CALENDAR

THURSDAY	FRIDAY	SATURDAY/SUNDAY
2 8:30 am Rook Rm 304 9 am Social Art Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Ultimate Bingo Rm 104 10 am Macular Degeneration Group Rm 303 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 503 2:15 pm Seniors Acting Up Rm 104	3 9:30 am Book Club Rm 301 9:30 am Widow's Support Rm 303 10 am Parkinson Support Rm 104 12:30 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Euchre Rm 503 5 pm Seniors Acting Up present "Seniors Got Talent" Rm 105	4 12 pm Seniors Acting Up present "Seniors Got Talent" Rm 105 4 pm "The Motowners" Trip
9 8:30 am Rook Rm 304 9 am Salute to Veterans Breakfast Rm 105 9 am St. Rose Bridge Rm 303 9 am Social Art Rm 406 9 am Pie Shop Stops Trip 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 503 2:15 pm Seniors Acting Up Rm 104	10 Center Closed Veterans Day	11 12:15 pm "Mrs. Doubtfire" Trip
16 8:30 am Rook Rm 304 9 am Magnesium Wellness Workshop Rm 104 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 104 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Macular Degeneration Group Rm 303 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 503 2:15 pm Seniors Acting Up Rm 104	17 8:30 am Basic Wills for Seniors Rm 301 9:30 am Hands Only CPR Rm 104 10 am Parkinson Mtg 2 Rm 303 12:30 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Euchre Rm 503 2 pm MTSU Bake Off Party Rm 105 4:45 pm "Footloose" Trip	18 7 am Chattanooga Christmas Village Holiday Market Trip
23 Center Closed Happy Thanksgiving	24 Center Closed Happy Thanksgiving	25 26
30 8:30 am Rook Rm 304 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 104 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 503 2:15 pm Seniors Acting Up Rm 104	<div> 2023 Travel Destinations with St. Clair </div> WHITE STAR TOURS Savannah, Georgia Swingin' New Year's Eve Celebration 3 days • December 30, 2023-January 1, 2024 \$589/pp double	

DECEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
Spades is played daily from 6 am-7 pm in room 402.	Shanghai Rummy is played Mondays from 8:30 am-4 pm in room 402.	Chicken Foot is played M-F from 8:00 am-2:00 pm in room 502.
<p>4</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>12:30 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass Class AM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 503</p> <p>1:30 pm Merry Mocktails & More Rm 105</p>	<p>5</p> <p>8:30 am Rook Rm 304</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 503</p> <p>1 pm Acrylic Techniques PM Rm 406</p> <p>3:45 pm Holiday Lights at Cheekwood Trip</p> <p>4 pm Trivia Games Rm 104</p>	<p>6</p> <p>8 am Pinochle Rm 503</p> <p>9 am Choose to Lose Rm 303</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>10 am Grief Relief Group Rm 301</p> <p>10:30 am Lunch Outing</p> <p>12 pm Harmonicas for Health Rm 303</p> <p>1 pm Art Connection Rm 406</p>
<p>11</p> <p>9:30 am Let's Talk About That Rm 303</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>10 am In the Garden: Floral Designs Rm 104</p> <p>10:30 am Fencing Class Rm 204</p> <p>12:30 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass Class AM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 503</p>	<p>12</p> <p>8:30 am Rook Rm 304</p> <p>8:30 am Coffee Club with Edward Jones Rm 303</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>10 am Care for the Caregiver Rm 301</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 503</p> <p>1 pm Acrylic Techniques PM Rm 406</p> <p>3:30 pm Dancing Lights of Christmas Trip</p> <p>4 pm Trivia Games Rm 104</p>	<p>13</p> <p>8 am Pinochle Rm 503</p> <p>9 am Citizens Police Academy for Senior Citizens Rm 104</p> <p>9 am Pool Tourney Rm 501</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>10 am Grief Relief Group Rm 301</p> <p>1 pm Art Connection Rm 406</p> <p>2:30 pm Butter Bean Auction Rm 104</p>
<p>18</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>10:30 am Lunch Outing</p> <p>12:30 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass Class AM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 503</p>	<p>19</p> <p>8:30 am Rook Rm 304</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 503</p> <p>1 pm Art with Vivian PM Rm 406</p>	<p>20</p> <p>8 am Pinochle Rm 503</p> <p>9 am Art with Vivian AM Rm 406</p> <p>9 am Choose to Lose Rm 303</p> <p>10 am Grief Relief Group Rm 301</p> <p>12 pm Harmonicas for Health Rm 303</p> <p>1 pm Art Connection Rm 406</p>
<p>25</p> <p>Center Closed</p> <p>Merry Christmas</p>	<p>26</p> <p>8:30 am Rook Rm 304</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 503</p> <p>1 pm Art with Vivian PM Rm 406</p>	<p>27</p> <p>8 am Pinochle Rm 503</p> <p>9 am Art with Vivian AM Rm 406</p> <p>10 am Grief Relief Group Rm 301</p> <p>1 pm Art Connection Rm 406</p>

DECEMBER CALENDAR

THURSDAY	FRIDAY	SATURDAY/SUNDAY
	1 8:30 am Maury Christmas Historic Home Tour 9:30 am Book Club Rm 301 10 am Parkinson Support Rm 104 12:30 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Euchre Rm 503 1 pm Gingerbread House War Rm 104	2 1 pm Randy and the Reindeer Rm 105 4:15 pm Ray Stevens CabaRay Trip
7 8:30 am Rook Rm 304 9 am Social Art Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Ultimate Bingo Rm 104 10 am Macular Degeneration Group Rm 303 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 503 2:15 pm Seniors Acting Up Rm 104	8 9:30 am Book Club Rm 301 9:30 am Widow's Support Rm 303 11 am Holiday Luncheon Rm 105 12:30 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 503 1 pm Music Jam Session Rm 105 5 pm "White Christmas" the Musical Trip	9 9 am Dickens of a Christmas Trip
14 8:30 am Rook Rm 304 9 am St. Rose Bridge Rm 303 9 am Social Art Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Ultimate Bingo Rm 104 12 pm Nissan Smyrna Tour 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 503 2:15 pm Seniors Acting Up Rm 104	15 9 am Trip Escort Sign Up Rm 104 9:30 am Tips for Healthy Women Rm 303 12:30 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Euchre Rm 503	16 8:30 am Pinochle Tournment Rm 503 6:15 pm Jingle Rattle & Roll Trip
21 8:30 am Rook Rm 304 9 am Social Art Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Macular Degeneration Group Rm 303 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 503 2:15 pm Seniors Acting Up Rm 104	22 9:30 am Widow's Support Rm 303 12:30 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 503 1 pm Music Jam Session Rm 105	23 24
28 8:30 am Rook Rm 304 9 am Social Art Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 503 2:15 pm Seniors Acting Up Rm 104	29 10:45 am Noon Year's Eve Party Rm 105 12:30 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 503	30 31



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The Better Boro Project
Murfreesboro Greenway
Miracle Field of Murfreesboro
St Clair Street Senior Center



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Calendar of Programs and Events



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